

Enhanced Food Based Menu Planning

Enhanced Food Based Menu Planning, LEAs must offer a certain number of food components in specified quantities. See accompanying charts. In reviewing the charts, please note that the same calorie and nutrient levels are required under the Food Based Menu Planning that are required under NSMP and ANSMP. Enhanced Food Based Menu Planning may count grain-based desserts as meeting part of the grains/breads requirement.

A Reimbursable Lunch Under Enhanced Food Based Menu Planning may consist of five required items: meat/meat alternate, vegetables and fruits (two servings), grains/breads, and milk.

Under the Offer Versus Serve Provision for Lunch, LEAs must offer its students all five required food items. Senior high school students are permitted to decline up to two of the five required items. At the discretion of the LEA, students below the senior high level may be permitted to decline one or two of the required five food items.

A Reimbursable Breakfast Under Food Based Menu Planning must consist of four required food items: a serving of milk served as a beverage, on cereal, or both; a serving of fruit or vegetable or both, or full strength fruit or vegetable juice; and two servings of grains/breads or meat/meat alternate or one serving from each.

Under the Offer Versus Serve Provision for Breakfast, LEAs must offer its students all four required food items. At the discretion of the LEA, students may be allowed to refuse one food item.

NOTE: Though LEAs using Enhanced or Traditional Food Based Menu Planning are not required to conduct nutrient analysis on the menus served, the meals served must still meet the calorie and nutrient levels required under NSLP. During on-site reviews, the State agency is required to conduct nutrient analysis on the LEA menus served during the review period to determine if the nutrition standards are being met.

Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Lunch

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH (School week averages)

Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-6	Grades 7-12	Option for Grades K-3
Energy Allowance (calories)	517	664	825	633
Total fat	¹	¹	¹	¹
Saturated fat	²	²	²	²
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15
Cholesterol (mg) ³	100	100	100	100
Fiber (g) ³	3	4	7	4
Sodium (mg) ³	1350	1350	1350	1350

¹ Total fat not to exceed 30 percent of calories over a school week.

² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Breakfast

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST

(School week averages)

Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-12	Option for Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat	¹	¹	¹
Total Saturated Fat	²	²	²
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14
Cholesterol (mg) ³	75	75	75
Fiber (g) ³	2	4	5
Sodium (mg) ³	1000	1000	1000

¹ Total fat not to exceed 30 percent of calories over a school week.

² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

ENHANCED FOOD BASED MENU PLANNING

School Lunch.

MINIMUM QUANTITIES REQUIRED FOR ENHANCED MEAL PATTERN LUNCH					
	Required				Option for
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
Meal Component					
Milk (fluid - as a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
Meat or Meat Alternate (quantity of the edible portion as served)					
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Large egg	1/2	3/4	1	1	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	8 oz. or 1 cup	6 oz. or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%	1 oz. = 50%	3/4 oz. = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup	3/4 cup plus additional 1/2 cup over a week ¹	1 cup	3/4 cup
Grains/Breads Must be enriched or whole grain.	5 servings per week ¹	8 servings per week ¹	12 servings per week ¹	15 servings per week ¹	10 servings per week ¹
A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	minimum of 1/2 per day.	minimum of 1 per day.	minimum of 1 per day ²	minimum of 1 per day ² .	minimum of 1 per day ² .

¹ For the purposes of the chart above, a week equals five days.
² Up to one grains/breads serving per day may be a dessert

ENHANCED FOOD BASED MENU PLANNING

School Breakfast

MINIMUM QUANTITIES REQUIRED FOR ENHANCED MEAL PATTERN BREAKFAST				
	Required			Option for
	Ages 1-2	Preschool	Grades K-12	Grades 7-12
Meal Component				
Milk (fluid-as a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl oz.
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup

SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS OR TWO FROM ONE COMPONENT:

Grains/Breads One of the following or an equivalent combination: Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal	1/2 slice 1/2 serving 1/4 cup or 1/3 oz.	1/2 slice 1/2 serving 1/3 cup or 1/2 oz.	1 slice 1 serving 3/4 cup or 1 oz. <u>Plus</u> an additional serving of one of the Grains/Breads above	1 slice 1 serving 3/4 cup or 1 oz. Plus an additional serving of one of the Grains/Breads above
Meat or Meat Alternate Meat/poultry or fish	1/2 oz.	1/2 oz.	1 oz.	1 oz.

Cheese	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Egg (large)	1/2	1/2	1/2	1/2
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup	4 oz. or 1/2 cup
Nut and/or seeds (as listed in program guidance) ¹	1/2 oz.	1/2 oz.	1 oz.	1 oz.

¹ No more than 1 ounce of nuts and/or seeds may be served in any one meal.